

March 2020

SeniorLiving

Kingsport Senior Center

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Nutrition Site Manager- (423)246-8060

Policies:
Refund Policy: The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

Membership Dues:
For Fiscal year:
July 1, 2019 - June 30, 2020
\$25.00- Kingsport City Residents
\$45.00- Sullivan County Residents
\$70.00- Out of County Residents
*If you have Silver Sneakers through your insurance company your membership is free.

*The Kingsport Senior Center is now accepting credit and debit cards

Mission:

The Kingsport Senior Center is a community resource dedicated to enriching the quality of life for area seniors.

About the Kingsport Senior Center: The Kingsport Senior Center is a community center reserved for those aged 50 years and up. The facility includes a fitness center, a computer lab, a pottery workshop with 3 kilns, basketball courts, shuffleboard, a billiards room, and a workshop. Activities offered are exercise programs, intellectual programs, social programs and wellness programs.



Location and Hours of Operation:

Main Site – Renaissance Building:
1200 E. Center Street Kingsport, TN 37660
Hours of Operation:
Monday-Friday: 8:00am - 7:00pm Saturday: 9:00am – 12:00pm
www.kptseniors.net

Branch Sites:

Lynn View:
257 Walker Street Kingsport, TN 37665
Hours of Operation: Monday-Friday, 8:00am - 2:30pm.
423-765-9047

Aquatic Center:
1820 Meadowview Pkwy, Kingsport, TN 37660
Monday - Friday, 8:00am – 11:00am.

First Broad Street United Methodist Church:
100 E. Church Circle Kingsport, TN 37660

Colonial Heights United Methodist Church:
631 Lebanon Rd Kingsport, TN 37663

Follow us on Social Media:  Kingsport Senior Center  @KingsportSeniorCenter  @KingsportSeniorCenter

**Kingsport Senior Center
Advisory Council Members:**

Mary Porter (Chairman)	Richard Currie
Brenda Cunningham	Peter Shang
Pat Breeding	Lisa Shipley
Frances Cottrell	Brenda Eilers
Laurel McKinney	Kenn Naegele
Linda Gemayel	

The Senior Center Advisory Council would like to announce the addition of Public/Senior Member comments at the end of each meeting. This will give members the opportunity to address the Council with comments, concerns, and suggestions. Please present your concern, suggestion, or comment in writing to the Senior Center office, and it will be presented at the following meeting on April 16, 2020 at 12:30pm. It is our hope that this will be a benefit to our seniors, staff, and the council.

**View our
Annual Report on
the KSC website
under the
About Us Page.**

Highlights

Special Event:

St. Patrick's Day Celebration on Tuesday, March 17 at 2:00pm in room 310. We will play The Price is Right! Don't forget to wear your green and bring a finger food to share! Sign up now!

Easter Lunch will be held on **Tuesday, April 7** in the gym at 11:30am. The cost is \$2.00 at sign up and you will need to bring a side dish to share (no desserts). Sign up begins March 2.

Daily Activities Event:

Movie Day: "Harriet" on **Wednesday, March 18** at 1:00pm in the lounge. Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Sign up now!

Hearts Tournament will be played on **Thursday, March 26** at 9:00am in the card room. The cost is \$2.00 and prizes will be awarded for 1st, 2nd and 3rd place. The tournament is double elimination and we will draw for partners. Lunch will be provided. Sign up now!

Extended Trip:

The Kingsport Senior Center Presents An 8 Day & 6 Night trip to Ireland

Dates: March 12-March 19, 2021

Double Occupancy/person= \$3099

Single Occupancy/person= \$3799

\$450 deposit due at sign up; \$1000 deposit due on 8/3/2020; final payment due 11/3/2020

A few of the benefits included in your trip:

- 3 dinners including: A special dinner with Traditional Irish Entertainment
- View of the St. Patrick's Parade Festivities in Dublin
- Visit to Blarney Castle
- Visit house of Waterford Crystal
- Travel through beautiful Ring of Kerry
- Visit the Guinness storehouse
- Sightsee in Dublin

Day Trips:

The Center will take a trip to **Wohlfahrt Haus Dinner Theatre** to watch **"Down Memory Lane 20th Anniversary Show"** on **Friday, April 17**; 9:45am-6:05pm. Fee: \$45.00 (includes lunch, ticket, and transportation). Join us as we celebrate Wohlfahrt Haus 20th Anniversary Season with this original revue highlighting the best moments of the last 20 years with some of your favorite Wohlfahrt Haus players. Enjoy the significant milestone as we take you down Wohlfahrt Haus memory lane.

Branch Site - Lynn View Community Center:

Yoga Sense: This yoga focuses on an evidence-informed program that targets the needs of an older body and many of the common conditions that come with the aging process. Let's face it, it's not easy to age gracefully but yoga sense offers both sensitivity and practicality to gain increased flexibility, balance and strength. The class is \$30.00 paid to instructor, Pamela Gilmer, first day of class. Classes will be held every **Tuesday and Thursday beginning on March 10 and ending on March 26.**

Wellness:

Wellness Seminar "Obstructive Sleep Apnea": 10:30am on **Thursday, April 16** in the computer lab. Dr. Amanda Lingerfelt, ETSU Family Physicians will discuss obstructive sleep apnea and common treatments for this. Sign up starts on March 18 in the office or by calling 392-8400.

Senior Services:

What is REAL ID? Thursday, March 26 at 10:30am in room 239. Lieutenant Rick Garrison with the Tennessee Highway Patrol, Fall Branch District/Special Programs, will be at the Center to discuss and answer any questions regarding the REAL ID driver license requirements that will go into effect October 1, 2020. Sign up now!

AARP Smart Driver Course, 9:00am-1:00pm. Thursday, May 14 and Friday, May 15 | Room 230 | Fee: \$20 for AARP Members and \$25 for nonmembers. David Hartsock with AARP will be at the Center to conduct a Smart Drive Course. You must attend both days. Light refreshments will be provided. Only 20 spots available. Sign up begins on April 6.



Interested in keeping up with events with a digital copy of the newsletter sent to your email?!

Call (423) 392-8400 or stop by Front Office and give us your email!!!

Disclaimer: The Kingsport Senior Center will not sell or give out your email and you won't have to worry about junk mail with us (we only send the 1 copy a month)!!

Special Events

***If no sign up date is listed, then you are able to SIGN UP NOW.
Sign up in the Front Office or by calling (423)392-8400.***

Ballroom Dance – Private Lessons

M/F, 2:30-3:30pm. Contact Emily Matney, 423-579-0826.

Beginner French (8-weeks), 1:00pm – 2:00pm. Wednesdays, March 4-April 22, 2020 | Room 230 | \$56 cash per person paid at sign up. Ghyslaine is going to bring France to you! Book: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books a Million or you can order off of Amazon.

Advanced French I (8-weeks), 9:00am – 10:00am. Wednesdays, March 4-April 22, 2020 | Room 230 | \$56 cash per person paid at sign up. Ghyslaine is going to bring France to you! Book: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books a Million or you can order off of Amazon.

Advanced French II (8-weeks), 10:00am – 11:00am. Wednesdays, March 4-April 22, 2020 | Room 230 | \$56 cash per person paid at sign up. Ghyslaine is going to bring France to you! Book: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books a Million or you can order off of Amazon.

Advanced French III (8-weeks), 11:00am – 12:00pm. Wednesdays, March 4-April 22, 2020 | Room 230 | \$56 cash per person paid

at sign up. Ghyslaine is going to bring France to you! Book: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books a Million or you can order off of Amazon.

Beginner Flower Arranging Class, 10:30am-11:30am. Thursday, March 5 | Multipurpose Room | You will make an arrangement to celebrate St. Patrick's Day. Instructor: Susan Valentine. \$10 cash paid at sign up. Please bring your ribbon and flower scissors.

Shanghai Rummy will be held every 2nd Tuesday of the month beginning on **Tuesday, March 10** from 12:30pm-2:30pm in the Card Room.

Flower Arranging Class, 10:30am – 11:30am. Thursday, March 12 | Multipurpose Room | You will make an arrangement with a watering can. Watering can will be provided but please bring ribbon and flower scissors. Instructor: Susan Valentine. \$10 cash paid at sign up. Please bring flower and ribbon scissors and green bowl.

Beginner Ballroom, 5:30 pm. Tuesday, March 31-April 21 | Room 302 | Instructor: Emily Matney. Cost: \$40, paid at sign up. Please sign up by: March 26.

Manicures, 11:30am – 1:30pm. Tuesday, March 10 | Multipurpose Room | Cost: \$2 paid to manicurist. DB Cosmetology Students will be holding appointments! We can have 6 people per appointment. Appointment times are 11:30am, 12:30pm, and 1:30pm.

Easter Lunch



TUESDAY, APRIL 7 | 11:30 - 1:00
\$2.00 AND BRING SIDE DISH
(NO DESSERTS)
SIGN-UP MARCH 2



FRIDAY, MAY 1
FRONT PARKING LOT

8:00 - 2:00

Sign-up March 20



SPECIAL EVENTS

Beginning Sewing, 5:30pm – 7:00pm. **Tuesday & Thursdays, March 17-May 7** | Room 303 | Taught by Jennifer Rasnake. Bring your machine and thread. You will learn the basics and at the end of the class you will make an item. Max of 10 students allowed.

Beginner Water Color, 1:00pm-3:00pm. **Thursdays, March 12-April 16** | Room 303 | Fee: Purchase supplies. Supply list will be given at sign up.

Acrylic Painting, 3:00pm-5:00pm. **Thursdays, March 12-April 16** | Room 303 | Fee: Purchase supplies. Supply list will be given at sign up.

Drawing with Michael Farrar, 1:00pm-3:00pm. **Fridays, March 13-April 17** | Room 303 | Fee: Purchase supplies. Supply list will be given at sign up. Drawing is an essential tool any artist needs as a foundation for most artistic endeavors. We will cover shading, proportioning, composition, perspective and the human head, face and body. Students will learn how to use charcoal, pencil and ink.

Mixed Media with Michael Farrar, 3:00pm-5:00PM. **Fridays, March 13-April 17** | Room 303 | Fee: Purchase supplies. Supply list will be given at sign up. A mixed media is created when two or more types of media are used in a single work of art. For example, a combination of water color and acrylic or acrylic with collage elements. It's fun to see what can happen if you try something different with your work.

Bob Ross Style Painting, 10:00am-2:00pm. **Wednesday, March 18** | Room 303 | Fee: \$50.00 paid to instructor the day of class. Have you ever wanted to learn how to paint like Bob Ross? Come and learn this relaxing technique! Bring your lunch!

Calling all Hearts players! The center will host a **Partner Heart's Tournament** on **Thursday, March 26** at 9:00am in the Card Room. The cost is \$2.00 paid at sign up. Prizes awarded for 1st, 2nd and 3rd place. This will be a double elimination tournament played to 500. We will draw for partners.

Beginner Yoga, 5:30 pm. **Wednesday, April 8-June 17** | Room 302 | Instructor: Becky Mills. Cost is \$30.00. This is a beginner yoga class with gentle stretching and exercises to improve balance, posture and strength with mind, body connection for a sense of overall well-being.

Trunk Sale, 8:00am. **Friday, May 1** | Front Parking Lot | Been needing to clean those closets out? If so, reserve your spot starting on March 20th!

Calling all Rook players! The Center will host a **Rook Tournament** on **Tuesday, May 5** at 9:00am in the Card Room. The cost is \$2.00 paid at sign up. Prizes will be awarded for 1st, 2nd and 3rd place. This will be a double elimination tournament and best of 3 games.

St. Patrick's Day Celebration on **Tuesday, March 17** at 2:00pm in room 310. We will play The Price is Right! Don't forget to wear your green and bring a finger food to share! Sign up now!

Easter Lunch will be held on **Tuesday, April 7** in the gym at 11:30am. The cost is \$2.00 at sign up and you will need to bring a side dish to share (no desserts). Sign up begins March 2.

Movie Day: "Harriet" on **Wednesday, March 18** at 1:00pm in the lounge. Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Haunted by memories of those she left behind, Harriet ventures back into

dangerous territory on a mission to lead others to freedom. With allies like abolitionist William Still and the entrepreneurial Marie Buchanon, Harriet risks capture and death to guide hundreds to safety as one of the most prominent conductors of the Underground Railroad. Witness the story of a woman who defied impossible odds to change the course of her life and the fate of the nation. Sign up now!

Hearts Tournament will be played on **Thursday, March 26** at 9:00am in the card room. The cost is \$2.00 and prizes will be awarded for 1st, 2nd and 3rd place. The tournament is double elimination and we will draw for partners. Lunch will be provided. Sign up now!

Patriotic Picnic at the Allandale Pavilion on **Tuesday, May 19** at 11:30am. The cost is to bring a side dish to share with 12-15 people. We will serve hamburgers with all the trimmings. Sign up will begin on April 10.

Our **Dog Show** will be held on **Friday, May 29** at 2:00pm at the Kingsport Senior Center. The cost is to bring a donation for the animal shelter. You can enter your dog in any of the 10 categories which include; Best tail wag, best trick, best vocal performance, cutest male, most beautiful female, least obedient, celebrity look alike, owner/dog look alike, best dressed and best senior dog. This event is open to the public and you can bring your dog to be entered if you 50 years and older. The animal shelter will be available with pets looking for their forever home. Sign up begins on March 1.



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- Light Housekeeping • Transportation

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KINGSPORT SENIOR CENTER

2020 DOG SHOW

Friday, May 29 | 2:00 - 4:30

Atrium

Bring a Donation for the Animal Shelter

Sign-up March 1



HARRIET

WEDNESDAY, MARCH 18

1:00 | LOUNGE

SIGN-UP FEBRUARY 10

POPCORN WILL BE SERVED. BRING YOUR OWN DRINK!



Rob's Story

Music has been a part of Rob for most of his life. After mastering piano at a young age, he grew to also love singing and playing guitar (among many other instruments).

For years, Rob knew he had a hearing problem, but similar to many people, he put off getting hearing aids. Eventually, he grew tired of sounding like a broken record. "It's very frustrating to have to ask people to repeat themselves all the time," says Rob.

After getting fitted for hearing aids by his Miracle-Ear provider, Rob realized how much he had been missing out on—especially in his relationships with others. "Really, at the end of the day, it's about being able to have a conversation with another person," he says.

Rob loves how he's now able to hear and enjoy the beautiful intricacies of music, from melodies and vocals to crescendos and cadences. When asked about his decision to get hearing aids, he says: "I should have done this five years ago. And I'm glad I did it."

"For me, you can't put a price tag on the relationships that you have with the people in your life."

 **Miracle-Ear®**

KINGSPORT
1101 E Stone Dr., Suite 103A
423-375-0013

WELLNESS

To sign up for an event, stop by the Front Office or call (423) 392-8400.

Woodshop Safety Orientation: 9am. **Monday, Mar 2** | Woodshop | Every 1st Monday of the Month. If you are interested in working in the Woodshop you must complete the Safety Orientation. Stop by the Woodshop or call (423) 392-8407 to sign-up. **NOTE:** We will be cleaning the shop every 1st Monday of the month after the safety orientation and ask that all wood workers please come and help.

Blood Pressure Checks: Jessica Maskew, MC with Asbury Place Kingsport will be at the Center on **Thursday, Mar 5** for blood pressure checks from 10am - 12noon and every 1st Thursday of the month, in the Hallway by the Office.

Support Group “Restless Legs Syndrome”: 12:30pm. **Tuesday, Mar 10** | Every other 2nd Tuesday of the month | Computer Lab | This is a support group for sleep disturbance such as RLS, fibromyalgia and insomnia. A guide to understanding RLS disease and ailments associated with it that’s interrupting your sleep. Sign up in the Office or by calling (423) 392-8400.

ETSU College of Nursing Students: 9am - 2pm. **Wednesday, Mar 11** | Billiards Room side | Students will set-up class posters with information about **“Chronic Illnesses and Health Concerns** and will discuss these issues with our members, handouts will be available. Blood Pressure checks will also be available. Sign up in the Office or by calling (423) 392-8400. **ETSU College of Nursing Students:** 9am - 2pm. **Wednesday, Apr 1, Thursday, Apr 2 & Apr 9** | Billiards Room side | Students will set-up class posters with information about **“Chronic Illnesses and Health Concerns”** and will discuss these issues with our members, handouts will be available. Blood Pressure checks will also be available. Sign-ups start on Wed, Mar 11 in the Office or by calling (423) 392-8400.

Corn Hole Tournament, 1pm. **Wednesday, Mar 11** | Gym | This tournament will be doubles playing the best three games, with double elimination. We will need at least 12 to sign up for tournament to be played. Cost is **Free**. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Heather Cash, Community Relations Manager with Everlan by Dominion. Sign-ups start on Wed, Feb 12 in the Office or by calling 423-392-8400, with a deadline to sign-up by close of business Mon, Mar 8.

Hiking Club: We will depart at 9am. **Wednesday, Mar 18** | Laurel Run, Church Hill, TN | Cost is \$8 for transportation. Laurel Run Trail is a 4.3 mile moderately hiking trail located near Church Hill, Tennessee that features a waterfall. **NOTE:** Elevation Gain - 620 feet. While grades vary from mild to moderate, the trail features rocky, rooted terrain that can make footing difficult. Be sure to wear your hiking boots and bring your walking stick and dress according to the weather. Everyone bring a bag lunch with something to drink, we will be eating in the park. Sign-ups will start on Wed, Feb 19 in the Office. If you would like to join the Hiking Club please contact Kevin Lytle, Wellness Coordinator at (423) 392-8407.

Wellness Seminar “Importance of Advance Directives”: 10:30am. **Tuesday, Mar 24** | Computer Lab | Dr. Hannah Geeraert, ETSU Family Physicians will discuss the importance why you should have Advance Directive. Sign up in the Office or by calling (423) 392-8400.

Wellness Seminar “Memory and Brain Health”: 2pm - 4pm. **Thursday, Mar 26** | Every 4th Thursday of the month | Multipurpose Room | Sign up in the Office or call (423) 392-8400, walk-ins are welcome. This program is sponsored by Kendall Wilson, Regional Director with Alzheimer’s TN, Ginny Jenkins, Hospice Care Consultant with Avalon Hospice & Kim Howell, Marketing Liaison with Visiting Angels. Memory Screenings will be available. Sign up in the Office or by calling (423)-392-8400.

Wellness Seminar “Why Inpatient Rehab is needed”: 12:30am. **Tuesday, Mar 31** | Computer Lab | Debbie Cook, RN, Rehab Liaison with Encompass Health will discuss the purpose of IPR and why people need it. She will also cover the admission process from the hospital or home, and also which diagnosis are appropriate for IPR. Sign up in the Office by calling (423) 392-8400.

Wellness Seminar “Obstructive Sleep Apnea”: 10:30am. **Thursday, Apr 16** | Computer Lab | Dr. Amanda Lingerfelt, ETSU Family Physicians will discuss obstructive sleep apnea and common treatments for this. Sign-ups start on Wednesday, Mar 18 in the Office or by calling (423) 392-8400.

Billiards Tournament: 9:30am. **Wednesday, Apr 22** | Billiards Room | This will be an 8-ball tournament singles play best of three games with double elimination. Cost is **Free**. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Jill M. Rust, Sales & Marketing Manager with Brookdale Rock Springs. **NOTE:** We will play on all **four tables** in billiards room. Sign-ups start on Wed, Mar 25 in the Office or by calling (423) 392-8400, with a deadline to sign up by close of business on Mon, Apr 20.

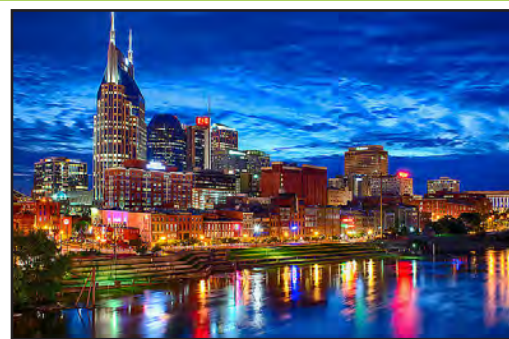
Wellness Seminar “Vaccines: Myths and Facts”: 10:30am. **Tuesday, May 26** | Computer Lab | Dr. Greg Cooper, ETSU Family Physicians will discuss what vaccines you should have based on age and medical problems, also Dr. Cooper will discuss the myths people have about vaccines. Sign-ups start on Wed, Apr 22 in the Office or by calling (423) 392-8400.

Shuffleboard Tournament: 9am. **Wednesday, May 27** | Shuffleboard Courts | This tournament will be doubles playing the best three games with double elimination, using only one side of the score board. Cost is **Free**. We need at least 12 to sign up for tournament to be played. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Melissa Ingle, Sales Manager with Brookdale Kingsport. Sign-ups start on Wed, Apr 22 in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Tue, May 26.

Sugarcoating - The Problem: The enemy has been identified, and it’s not French Fries. Of everything we eat, **sugar is the greatest predictor of weight gain in men**, say researchers in Japan. For every 5 grams of sugar men consume daily, they gain almost half a pound within the year. And since the typical American diet includes 22 grams of added sugar a day, you can see the problem. An easy way to cut back is to forgo the sugar in your coffee, says study author Hirohito Sone, M.D., Ph.D. One teaspoon is 4 grams of sugar. Your efforts can snowball from there. **Source:** Men’s Health

Lighten up at Night: Flip your meal plan around: **Eating your biggest meal in the evening may raise your risk of obesity**, according to new research from Italy. In fact, the risk was double for study participants who consumed half or more of their total daily calories at dinner. That may be because insulin sensitivity falls later in the day, while absorption rates of dietary carbs increase, says study author Simona Bo, M.D. so eat a big breakfast, a medium lunch, and a small dinner. **Source:** Men’s Health

EXTENDED TRAVEL TRIPS

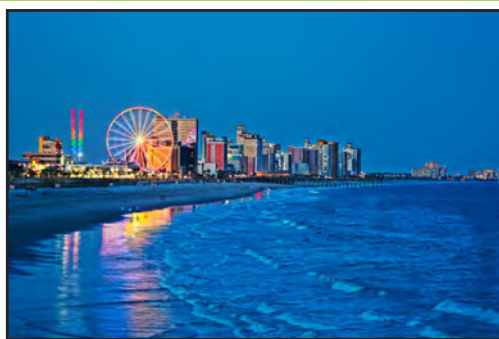


The Kingsport Senior Center Presents a 4 Days & 3 Nights Trip to Nashville, TN

Dates: September 13 - 16, 2020

Double Occupancy/person = \$699
Single Occupancy/person = \$879
\$300 due at sign up. Final payment is due 6/3/2020

*You can pick up a flyer at the senior center for more information.



The Kingsport Senior Center Presents a 4 Day & 3 Night Trip to Myrtle Beach, SC

Dates: May 4 - 7, 2020

Double Occupancy/person = \$629
Single Occupancy/person = \$789
Deposit of \$200 due at sign up and final payment due 2/21/2020.

*You can pick up a flyer at the senior center for more information.



The Kingsport Senior Center Presents a 9 Days & 8 Nights Trip to Paris & the Heart of Normandy River Cruise

Dates: November 4 - 12, 2020

Call 423-392-8400 for Pricing and more information.

\$500 deposit due at sign up (\$100 of this deposit is non-refundable); Sign up soon for space availability.



A few of the benefits included in your trip:

Tour of Paris
Visit to the Village of Auvers-sur-Oise
Local Guide Tour of Vernon
Walking Tour through the center of Old Town
Full-Day Tour of the historic beaches of Normandy
(Alternatively, you may take a tour of Bayeaux)
Morning Cruise to Les Andelys.
Visit Chateau de Malmaison and Tuileries
And SO MUCH MORE!



The Kingsport Senior Center Presents a 10 day & 9 Night Portugal's River of Gold River Cruise

Dates: October 31-November 10, 2021

Double Occupancy/person= Cat E (window cabin) \$4799
Cat B (balcony cabin) \$5799
\$500 deposit due at sign up; \$1500 deposit due on October 1, 2020; Final payment due March 1, 2021

A few of the places you will visit:

Lisbon, Portugal
Porto, Portugal
Régua, Portugal
Barca d'Alva, Portugal
Salamanca, Spain
Pinhão, Portugal
Régua, Portugal

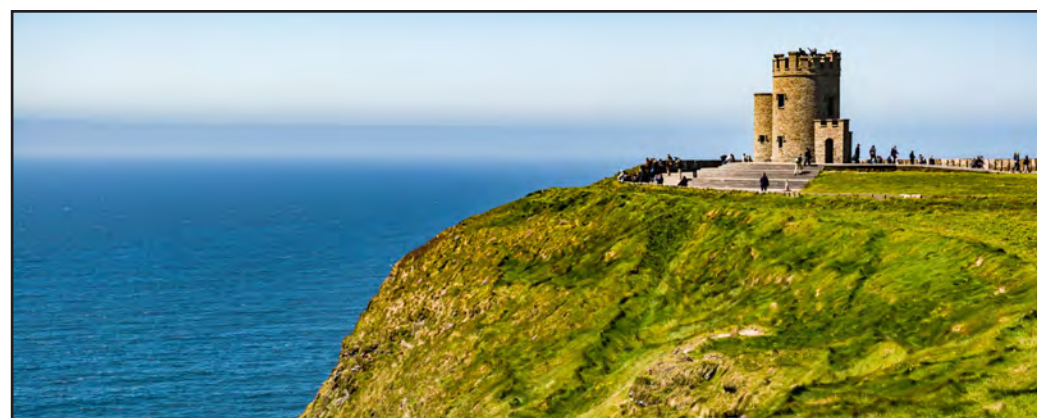


The Kingsport Senior Center Presents a 5 Day & 4 Nights Trip to New York City at Christmas Time

Dates: December 6 - 10, 2020

Double Occupancy/ person = \$1024
Single Occupancy/person = \$1244
\$300 deposit due at sign up; Final Payment due 8/26/2020

*You can pick up a flyer at the senior center for more information.



The Kingsport Senior Center Presents an 8 Day & 6 Night trip to Ireland

Dates: March 12-March 19, 2021

Double Occupancy/person= \$3099
Single Occupancy/person= \$3799
\$450 deposit due at sign up; \$1000 deposit due on 8/3/2020; final payment due 11/3/2020

A few of the benefits included in your trip:

3 dinners including: A special dinner with Traditional Irish Entertainment
View of the St. Patrick's Parade Festivities in Dublin
Visit to Blarney Castle
Visit house of Waterford Crystal
Travel through beautiful Ring of Kerry
Visit the Guinness storehouse
Sightsee in Dublin

Signups for these trips have already begun. Call 423-392-8400 For More Information. Check out our website or stop by the office to see the official PML Trip Flyer.

Insurance is due at sign up.

Day Trips

If no sign up date is listed, then you are able to SIGN UP NOW in the Front Office.

OTLB – Farmhouse in the Valley and Shopping at HomeStead, 11:00am – 4:00pm. Friday, March 13 | Rogersville, TN | Cost: \$18 (includes transportation and lunch) you will also have an opportunity to go to the nearby Patsy's Bakery to get some last minute goodies. Limited spots available.

NEW **OTLB- TN Riverboat Cruise**, 9:00am-4:30pm. **Thursday, April 9** |Knoxville, TN| Cost: \$38 (all inclusive). Enjoy a scenic 1.5 hr cruise on the Star of Knoxville Paddlewheeler boat with lunch served on the boat on the Tennessee River. Not only will you see some of the history of the river, you will most certainly be relaxed by the river's beauty. Sign up begins February 28.

NEW The Center will take a trip to **Wohlfahrt Haus Dinner Theatre** to watch **"Down Memory Lane 20th Anniversary Show"** on **Friday, April 17**; 9:45am-6:05pm. Fee: \$45.00 (includes lunch, ticket, and transportation). Join us as we celebrate Wohlfahrt Haus 20th Anniversary Season with this original revue highlighting the best moments of the last 20 years with some of your favorite Wohlfahrt Haus players. Enjoy the significant milestone as we take you down Wohlfahrt Haus memory lane.

NEW **Barter Theatre presents "Driving Miss Daisy"**. When Daisy Werthan's son hires Hoke to drive her around town, the indomitable Daisy has no idea that her stubborn chauffeur will soon become a permanent fixture in her life. Over the span of twenty-five years, these two develop an unlikely bond that challenges the idea of friendship during the America's Civil Rights era. Featuring two of Barter Theatre's all-time favorite actors- Mary Lucy Bevins and Jasper McGruder. The show includes a special treat after the show to talk with the cast members and will have time for questions with the cast, on **Thursday, April 13** at 10:00am. Fee: \$32 (includes transportation and ticket). Lunch will be on your own at Peppermill Restaurant.

NEW **Harrah's Cherokee Casino Trip**, 8:15am-7:00pm. **Thursday, April 30** |Cherokee, NC| Cost: \$30; with lunch on your own. Each member will receive \$20 to use at the Casino. Harrah's promises an electrifying adventure that's bound to put a smile on your face, and if you're lucky, more money in your wallet. Lunch will be on your own at the resort. We need at least 30 people for the trip to go. **IMPORTANT:** You must have a valid email address in order to register for a total rewards card and receive free slot play upon arrival, but if anyone doesn't have an email address, our staff will help you set up one. Each member must also have a valid ID with them. Sign up begins February 28.

What does OTLB stand for? OTLB stands for Out to Lunch Bunch. OTLB is what the KSC calls our lunch trips for anyone who would like to try a new or different restaurants. These trips are open to all members!





CASINO TRIP

Cherokee, North Carolina

Thursday, April 30
8:15 - 7:00
\$30.00 per person
Lunch on your own!
Sign-up February 28

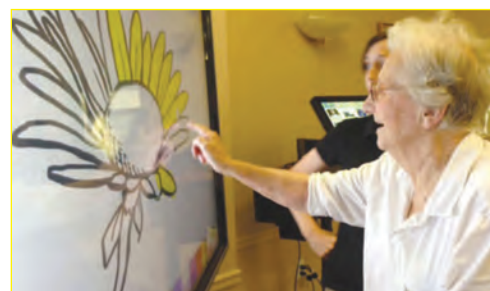
We will be taking a Charter Bus and each member will receive \$20.00 to use at the Casino.
You will need an email address at sign-up.
Bring your photo ID on the day of the trip.





THE
BLAKE
AT
KINGSPORT

Resort Style Assisted Living & Memory Care



Memory Care Residents Enjoy:

- Chef prepared meals and restaurant style choices
- Private Landscaped Courtyard
- Full time Memory Care Activities Coordinator
- IN2L Engagement Technology
- Private suites with tall ceilings & traditional millwork

Understanding

Our certified dementia practioners create the best plan of care for individuals based on their current state of Alzheimer's and dementia related disorders. We complete a biography with the residents' families to gain background knowledge of the resident.

Technology

Our Vigil Dementia Call System uses sensors @ motion dectors in each resident's apartment to alert our care staff when residents may be in need of assistance. The system can be customized to the needs of each resident.

915 Holston Hills Drive | Kingsport, Tennessee 37664

423-246-1100 | www.blakeliving.com

KSC *at Lynn View*

Lynn View Community Center
257 Walker St., Kingsport, TN 37665
765-9047
New Hours:
M-F, 8:00am – 2:30pm

Silver Sneakers Classic, 10 a.m. Mondays, Wednesdays and Fridays in the cafeteria. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available, if needed, for seated or standing support.

Silver Sneakers Classic, 8:30-9:30 a.m. Tuesday and Thursday in the cafeteria.

Core conditioning, 9 a.m. Mondays, Wednesdays and Fridays in the cafeteria. This is a non-aerobic, muscle-toning class, focused on core strength. Most sculpting classes use weight bars, exercise bands, dumbbells, or a combination of these gadgets. You perform traditional weight-training movements in a class setting.

Silver Sneakers Yoga, 11 a.m. Mondays, Wednesdays and Fridays in the cafeteria. Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. No sign up required.

Corn Hole, 9 a.m. – 2 p.m. Weekdays. Boards are available in the office at Lynn View to play Monday – Friday. Corn hole is an American lawn game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. A bag in the hole scores 3 points, while one on the platform scores 1 point. No sign up required, just come in and ask for the boards.

Scrabble Day, 11am. Thursdays. Bring your lunch and a drink, enjoy a game of scrabble. No sign up required.

Blood Pressure Checks, 10:00am-12:00pm, Every 4th Wednesday of the Month by Crown Cypress.

Butterbean Auction, 12:30pm. Every 4th Wed of the Month. Sponsored by Visiting Angels.

Pickleball is played in the gym at Lynn View on Mon, Wed and Fri from 11:30am – 2:00pm and on Tuesday/Thursday from 9:00 am – Noon. Pickleball is traditionally played on a badminton-sized court with special Pickleball paddles, made of wood or high-tech

aerospace materials. The ball used is similar to a whiffle ball, but slightly smaller. The lower net and whiffle ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their mettle. Please sign in on the computer if you are 50 or older.

Yoga Sense, 9:45am-10:45am. Tues/Thurs beginning March 10-March 26. Fee: \$30 paid to instructor, Pamela Gilmer, first day of class. This yoga focuses on an evidence-informed program that targets the needs of an older body and many of the common conditions that come with the aging process. Yoga sense offers both sensitivity and practicality to gain increased flexibility, balance and strength. Please bring a yoga mat.

Johnny Appleseed Day, 1:00pm. Wednesday, March 11. Bring your favorite apple recipe to share and enjoy entertainment by Bill's Hoot n' Holler. Please sign up by March 5.

Credit & Money Management, 12:00-2:00pm, Monday, March 16. Sarah Williams with operation Hope will present this workshop. Participants will learn the basics of making a budget, how to read a credit report and what can be done to correct errors. Light snacks provided. Sign up by March 13.

Blood Glucose Screening, 8:00am-10:00am. Tuesday, March 17. This will be a fasting glucose screening provided by Tammy Payne, RN.

It's Your Lucky Day, 1:00pm. Wednesday, March 18. Enjoy refreshments and games sponsored by Amedysis.

Cooking with Theresa, 12:00-2:00pm. Thursday, March 19. This class will focus on lower sugar meal options. Sign up by March 13.

How to Improve your Landscaping, 12:30pm. Monday, March 23. Facilitated by Master Gardner Lynn Carson.

March's Card Class will feature a new technique----Shaker Cards!! We will make 2 of these fun, interactive cards and 2 traditional cards, as well. Cost is \$10, paid to instructor, and all supplies are included. Please bring your favorite adhesives and scissors. Class will be held Monday, March 23 from 11am to 1pm in the lounge. Sign up by Friday, March 20.

Natural Supplements for Diabetes, 1:00pm. Wednesday, March 25. Facilitated by Reeda Tate; Good Foods Grocery at Mac's Medicine Mart.

Blood Pressure Checks, 10:00am-12:00pm. Monday, March 9 and March 30. By Volunteer Nancy Greene.

Easter Wreath, 1:00pm-2:00pm, Monday, April 6. Facilitated by Theresa Mayo. Make a Mesh Easter Wreath that's a Cross that you can enjoy year after year. Cost is \$5.00 paid at sign up.

Kingsport Senior ARTISAN CENTER



Like us on Facebook!

Kingsport Senior Artisan Center

Shop with us Online:

Go to our website (www.kptseniors.gov)

Mouse over Branch Sites and Click Artisan Center

Click the "Shop the Artisan Center" button

March Artisan of the Month

TINA MORRISON



MEDIUM: DECOUPAGE

My birthplace is San Francisco, but I grew up in the village of Bronxville, New York City until going off to college at Colby Sawyer College in New Hampshire. I married a Floridian, Ian Morrison, and later moved to Kingsport, where I became a member of the Senior Center in 2003. A friend talked me into coming to play table tennis, which has grown into playing volleyball, pickleball, and Senior Olympics. I learned decoupage in 2007 and then about the Artisan Center in 2009. I find inspiration in a lot of different places. Sometimes I am inspired to recreate what I saw in a thrift shop, and sometimes I just get extra creative.

The Kingsport Senior Artisan Center is a consignment gallery of work crafted by regional artists age 50 and over. Our gallery contains a variety of items including handmade greeting cards, jewelry, pottery, and bath and body items. All items pass through a juried selection process for entry in the gallery. If you are interested in selling your art in the gallery, please submit photos via email along with a brief biography. The proceeds from all sales go directly to the artist, with a small portion benefitting programs at the Kingsport Senior Center.

Monthly Artist Meeting: 1:00pm on the 2nd Tuesday of the Month in the Artisan Center Gallery. Gallery artists and potential artists/craftspeople are invited to attend.

Location: in the Lynn View Community Center, our multi-level facility offers basketball, pickleball, indoor walking, weights and exercise equipment, a billiards room and group exercise. Our Lounge features Wii Sports and there's always a fresh pot of coffee brewing!

Hours: Monday-Friday from 8:00am - 2:30pm

Like us on Facebook!

Kingsport Senior Artisan Center

257 Walker Street

Kingsport, TN 37665

423.765.9047

michelleitolbert@kingsporttn.gov

Artisan Fair: 9:00am-2:00pm on Tuesday, April 7 and Wednesday, April 8 at the Kingsport Senior Center. Purchase your Easter goodies with us!

KINGSPORT SENIOR CENTER

ARTISAN FAIR

April 7 & 8 | 9:00 - 2:00

1200 E. Center Street

First Floor of Renaissance Building



PURCHASE YOUR EASTER GOODIES WITH US!

BRANCH SITES *Classes*

First Broad Street United Methodist Church

Total Body Workout: Monday, Wednesday and Friday in room 239 at 9:30am. Total Body workout consists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout.

Piloxing: Tuesday and Thursday at 9:30am. Piloxing is pilates, boxing, and dancing that give you a great cardio workout.

Core Yoga: Tuesday and Thursday from 11:00 -11:30am. Mat yoga. Includes breath, abdominal and arm strength building.

Yoga: Tuesday and Thursday from 11:30am – 12:00pm. Includes standing poses and gentle movements for strength and flexibility, each class ends with relaxation.

Aquatics Center

Monday - Friday, 8:00 a.m. – 11:00 a.m. lap swimming with your Senior Center membership card is free and you will receive a 20% discount on swim classes.

Colonial Heights United Methodist Church

Silver Sneakers Yoga: Monday and Wednesday 11:00 a.m. – Noon in the gym. Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

George Washington Apartments, Friendship Manor Apartments, Forest Ridge Manor Apartments, Kiwanis Towers Apartments

Bi-annual activities such as bingo, birthday parties, educational seminars, blood pressure checks, etc.

Menu for March

Monday			Tuesday			Wednesday			Thursday			Friday		
2	Salisbury Steak w/ gravy Mashed Potatoes Green Beans	Mandarin Oranges WW Roll	3	Egg Patty Sausage Patty Grits Orange Juice	Biscuit w/Peppered Gravy	4	Chicken Parmesan Pasta w/marinara sauce Italian Mix Vegetables	Pears Texas Toast	5	Beef Goulash Brussel Sprouts Baked Apples Graham Cracker	WW Roll	6	Taco Soup Cauliflower Peach Crisp Cornbread	
9	Oven Fried Chicken Breast Au Gratin Potatoes Peas & Carrots	Tropical Fruit WW Roll	10	Spaghetti w/meat sauce Steamed Broccoli Applesauce	Texas Toast	11	Soup Beans w/ onions Oven Browned Potatoes	Mix Greens Fruited Jell-O Cornbread	12	Sloppy Joe Potato Wedges Carrots Vanilla Pudding	WW Bun	13	Polish Sausage w/ Cabbage Boiled Potatoes Mixed Vegetables	Fudge Cookie Cornbread
16	Chicken Tenders Macaroni & Cheese Mix Vegetables Mandarin Oranges	WW Roll	17	Meatloaf Mashed Potatoes Green Peas Fruit Cocktail	WW Roll	18	BBQ Pork Riblet Potato Wedges Baked Beans Peaches	WW Bun	19	Beef Vegetable Soup Oven Browned Potatoes Applesauce	Oatmeal Cookie Cornbread	20	Baked Ham Sweet Potatoes Green Beans Pineapple Tidbits	WW Roll
23	Chopped Steak w/ gravy Mashed Potatoes Peas & Carrots	Chocolate Puddin WW Roll	24	Chili Dog w/mustard & onions Potato Wedges Baked Beans	Coleslaw WW Bun	25	Breaded Fish w/tartar sauce Au Gratin Potatoes Green Beans w/tomatoes	Pineapple Cornbread	26	Chicken Pot Pie Brussel Sprouts Pear Crisp Biscuit		27	Chili Mac Casserole Spinach Corn Graham Crackers	WW Roll
30	Breaded Chicken Patty Macaroni & Tomatoes Broccoli	Tropical Fruit WW Roll	31	Meatballs w/gravy Rice Lima Beans Peach Cobbler	WW Roll									

2% MILK AND MARGARINE ARE INCLUDED WITH EACH MEAL/ ALL SERVINGS ARE ½ CUP OR 1 PORTION UNLESS INDICATED OTHERWISE / ALL ENTREES ARE 3 OZ. / MENU MAY CHANGE DUE TO SNOW SCHEDULEE, EQUIPMENT BREAKDOWN OR FOOD AVAILABILITY / COORDINATORS-RECORD SERVING TEMPERATURES BESIDE APPROPRIATE ITEMS.

First Tennessee Human Resource Agency's Nutrition Program offers a nutritious meal each week day (major holidays excluded) at the Kingsport Senior Center dining room at no charge for adults 60 years of age and older. (\$2.00 donation is recommended but not required.) The meals are designed to fulfill 1/3 of the recommended daily allowances for senior adults. If you are interested in participating at the Kingsport meal site, please call 423.246.8060 for a reservation. Meals are prepared each day and the meal sites need to know 2 days in advance how many to prepare. Lunch is served at 11:30A.M.

SENIOR SERVICES

If no sign up date is listed, then you are able to SIGN UP NOW. Sign up in the Front Office or by calling (423)392-8400.

“Share the Love” to benefit Isaiah117 House, February 3 – April 3 | Front Office | Beginning in Feb. and ending in April, come by the Kingsport Senior Center and help support the Isaiah117 House/Sullivan County Expansion by choosing a Heart from our “Share the Love” tree. Each Heart represents on child who is awaiting placement in the Foster Care system in Sullivan County. On the heart, items are listed that can be purchased to benefit these children, such as clothes, underwear, pj’s, shoes, diapers, etc. There will also be hearts for the purchase of gift cards for overall needs of the house. After purchasing the items, please return them to the KSC with the heart, to be kept until the House officially opens in the Spring.

What is Real ID? 10:30am, Thursday, March 26 |Room 239| Lieutenant Rick Garrison with the Tennessee Highway Patrol will be at the KSC to discuss and answer any questions regarding Real ID that goes into effect October 1, 2020. Sign up by calling the front office.

Downsizing & Living Clutter Free, 9am – 11am. Wednesday, April 8 | Computer Lab | Free. Angie Hyche from ShipShape Solutions will be at the Center to conduct a presentation on Downsizing and Living Clutter Free. This class will give you perspective in the ideal way to view your possessions, how to keep them from occupying too much space and attention, and how to plan ahead for eventual downsizing. Sign up begins 3/11/20.

Outsmart the Scammers, 10am – 11am. Tuesday, April 21 | Computer Lab | Free. Incidents of fraud are on the rise, and scammers’ tactics are becoming more complex. This presentation will help give attendees the information they need to outsmart the scammers. Sign up begins 3/25/20

Shred Day Event, 8:30am – 12:30pm. Wednesday, April 22 | Front Parking Lot Loading Zone | Free. Join us on Earth Day and after the tax season to dispose of outdated or no longer needed documents. A Shred-A-Way truck will be parked in the front parking lot of the KSC location to be complete on-site document shredding. PLEASE NOTE: ALL DOCUMENTS MUST BE LOOSE (STAPLES ARE HOWEVER ACCEPTABLE) AND FREE FROM BINDERS OR NOTEBOOKS, SINCE THE BINDER CANNOT BE SHREDDED. ONLY PAPER DOCUMENTS CAN BE ACCEPTED. Mark this important date on your calendar! No sign up necessary. The truck will be shredding until it reaches capacity.

Ask a Library Geek, 10:00am-12:00pm. Wednesdays, March 25, April 29, May 27 & June 24 |Computer Lab| Free. Would you like to get setup to use those free library eBooks, audiobooks and online magazines? Have some computer, tablet or smart phone questions? Want to practice using the internet or typing a document? Learn all you wanted to be able to do

with your device, but never knew how. If you have any accounts, such as apple or google, please have passwords ready. Sorry, no device hardware or software troubleshooting. Sign up begins April 6.

SNAP Seminar, 10:00am-11:00am. Thursday, May 14 |Computer Lab| Free. Kathleen McLaughlin, SNAP Outreach Coordinator with the First TN Area Agency on Aging & Disability, will be at the Center to discuss and give an overview of the SNAP program. Sign up begins on April 6.

AARP Smart Driver Course, 9:00am-1:00pm. Thursday, May 14 and Friday, May 15 | Room 230 | Fee: \$20 for AARP Members and \$25 for nonmembers; with payment due 2nd day. David Hartsock with AARP will be at the Center to conduct a Smart Drive Course. You must attend both days. Light refreshments will be provided. Only 20 spots available. Sign up begins on April 6.



Classes

& Daily Activities

Monday

Lap Swimming: 8:00am - 11:00am (Aquatics Center) (First come first serve)

Silver Sneakers Classic: 8:15am (Gym) –You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Basic Tai-Chi: 9:00am (Room 302) (Apr 6-June 15) - Tai Chi is an ancient Chinese martial art form often referred to as the practice of "meditation in motion". Tai Chi promotes relaxation, stress relief, and conscious awareness of the present moment. This class is designed for individuals taking Tai-Chi for the first time.

Brain Games: 1:00 – 3:00pm (Computer Lab) We will play a variety of trivia games each Monday! *NEW*

Open Woodshop: 8:00am - 3:00pm (Woodshop)

Quilting: 9:00am (Room 303)

High/ Low Impact Aerobics: 9:15am (Gym) - At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

Happy Day Singers: 9:45am (location varies) This group meets at the Center and travels by bus to sing at a designated nursing home based on the schedule. They sing old-fashioned hymns from the "church hymnal" book and have a happy day start to Mondays.

Beginning Clay: 10:00am (Clay Room) (Apr 6-June 15): Hand building. This is for our beginners.

Strength Training: 10:15am (Gym)

Beginning Line Dance: 11:30am (Gym) (Apr 6-June 15)

Checkers and Chess Game Day, 12:30 – 3:30pm. (Every Monday) | Card Room | Come play checkers and chess! If you don't know how to play, we will teach you! Cards can still be played during this time too.

Intermediate Line Dance: 12:45pm (Gym) (Apr 6-June 15)

Knitting: 1:00pm (Room 303) This class is open to individuals of all expert levels.

Table Tennis: 2:00pm (Gym)

Volleyball: 4:00pm (Gym)

Tuesday

Lap Swimming: 8:00am (Aquatics Center)

Open Woodshop: 8:00am -3:00pm (Woodshop)

Boom Move & Mind Fitness: 8:15am (Gym) - B-inspired workout improves your cardio fitness with easy-to-follow moves. Derived from Yoga and Pilates. Combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.

Ceramics: 9:00am (Ceramics Room) (Apr 7-June 16) In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

Basket Weaving: 9:00am (Room 303) (Apr 7-June 16) This class is open to individuals of all expert levels.

Strength Training: 9:30am (Gym)

Renaissance Strings: 10:00am (Atrium) (Apr 7-June 16) Dulcimer players along with a few other stringed instruments meet at the Center and practice on Tuesday morning. In the afternoon at 2:00, they entertain at a different nursing home each week.

Sing Along: 10:15am (Cafeteria) Is a group of people who meet around the piano in the cafeteria and sing Southern Gospel, hymns, etc.. Everyone is welcome; talent not required.

Exercise for Everyone: 10:30am (Gym) - A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands to provide the means of safely improve muscular strength and endurance, range of motion and flexibility.

Beginner Dulcimer: 11:00am (Atrium) (Apr 7-June 16) Learn to play the Appalachian/Lap Dulcimer in this class. The "Mel Bay-First Lessons" dulcimer book is used at a \$10.00 cost. It's fun to play with a group of dulcimers!

Advanced Pickleball: 11:30am (Gym)

Clay 101: 12:30pm (Clay room) (Apr 7-June 16) This is a six weeks beginner course and then a six weeks intermediate course.

Bowling: 12:30pm at Warpath Lanes

Shuffleboard: 1:00pm (Ceramics Hallway) - All levels of experience are welcome, with tournaments held semi-annual.

Open Pickleball: 1:45pm (Gym)

Basketball: 4:00pm (Gym) - Played alone or in groups.

Rook: 4:00pm (Card Room) Please bring a snack to share with others.

Karaoke: 4:00pm (Cafeteria) - Karaoke will meet every 3rd Tuesday of the month. Please bring in a covered dish to share.

Wednesday

Lap Swimming: 8:00am (Aquatics Center) - (First come first serve)

Silver Sneakers Classic: 8:15am (Gym) - You'll have a chair for seated exercises and standing support.

Open Woodshop: 8:00am - 3:00pm (Woodshop)

Tai-Chi: 9:00am (Room 302)

High/ Low Impact Aerobics: 9:15am (Gym) At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

Intermediate Clay: 10:00am (Clay Room) (Apr 8-June 17) In this class you will hand-build and use the pottery wheel.

Strength Training: 10:15am (Gym)

Hand & Foot Card Game: 12:30pm (Card Room) Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. If you are interested in learning a new card game, or have played before, then join us on Wednesdays.

Table Tennis: 1:00pm (Gym)

Basketball: 4:00pm (Gym)



Daily Activities & Classes

Thursday

Lap Swimming: 8:00am (Aquatics Center)

Boom Move & Mind Fitness: 8:15am (Gym) - B-inspired workout improves your cardio fitness with easy-to-follow moves. Derived from Yoga and Pilates. Combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.

Bingo: 9:00am (Cafeteria)

Ceramics: 9:00am- (Ceramics Room) (Apr 9-June 18) - In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

Woodcarving: 9:00am (Room 303) - In this class you will learn how to make projects by carving out a piece of wood. Beginners and expert levels are wanted for this class.

Strength Training: 9:30am (Gym)

Bunco will be played every month on the second Thursday at 10:30am in the Card Room. Bunco is a dice game where each rounds purpose is to score 21 or to score Bunco. After two games, play will stop for a light snack. After all four games, prizes will be awarded as follows: 1st prize: Most Bunco's, 2nd prize: Most wins, 3rd prize: Most losses, 4th prize: Last person with Fuzzy Dice, 5th prize: "At least I got something" (picked from score sheets).

Exercise for Everyone: 10:30am (Gym) - A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands.

Intermediate Dulcimer: 11:00am (Atrium) (Apr 9-June 18) This class is taken after the beginning class and prepares you to play with the Renaissance Strings.

Jams Session: 12:30pm-2:00pm (Cafeteria) Postponed until further notice. Jerry Cole will host a Jam session every other Thursday. Come listen and dance to some great music.

Volleyball: 1:00pm (Gym)

Shuffleboard: 1:00pm (Ceramics Hallway) - All levels of experience are welcome, with tournaments held semi-annual.

Cornhole: 4:00pm (Gym)

Advanced Round Dance (Cued Ballroom Dancing) Phases IV-VI, 4:00-6:00pm. Thursdays in Room 302. Free. Max of 6 students. Do not need a partner. Sign up now. If you don't have experience but are interested in learning more, the instructors can direct you to classes for beginning and intermediate round dance.

Spades: 5:00pm (Card Room) Played in partners or solos. The object is to take at least the number of tricks that were bid before play of the hand began.

Friday

Lap Swimming: 8:00am (Aquatics Center) (First come first serve)

Silver Sneakers Classic: 8:15am (Gym) You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Tai Chi- 9:00am (Room 302) Apr 10-June 19)

Genealogy Club: 9:00am (Computer Lab) Join us for class and our instructors will help you discover the history of your ancestors.

High/ Low Impact Aerobics: 9:15am (Gym) At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

Movement Health Qigong - Liu Zi Jue - Yi Jin Jing "Five Change": 10:00am (Room 302) (Jan 10 - March 13) - is composed of movements that are typically repeated, strengthening and stretching the body, increasing fluid movement (blood, synovial, and lymph), enhancing balance and proprioception.

Strength Training: 10:15am (Gym)

Advanced Pickleball: 11:30am (Gym)

Bridge Group: 1:00pm (Atrium) This is an intermediate level Bridge group. If interested please contact the front office.

Mahjong: 1:00pm (Multipurpose Room) Mahjong is a card game that originated in China. Four players play the game using numbered tiles or cards. All expert levels are welcomed. Every first Friday of the Month will be for beginners who would like to learn how to play Mahjong.

Open Pickleball: 1:45pm (Gym)

Cornhole: 4:00pm (Gym)

Saturday

Basketball: 9:00am (Gym) - Played alone or in groups.

Table Tennis: 10:30am (Gym)

S.M.I.L.E.

S.M.I.L.E. Volunteers will be meeting **Wednesday, March 11**, at 2:00pm in the cafeteria. S.M.I.L.E. stands for Seniors Making Individual Lives Exciting. Meetings include discussion of upcoming volunteer opportunities. If you are interested in becoming a volunteer, please come by the Senior Center office.



The SMILE program is open to all of our senior members that volunteer. The meeting invitation includes volunteers in all areas of the Center including, the Happy Day singers, wood shop volunteers, volunteer instructors, welcome desk greeters, and event volunteers, etc. At each volunteer meeting we discuss upcoming events, volunteer needs within the center and the community, and we also have a guest speaker at each meeting. Occasional food and drinks will be served as well. Please come join the group if you volunteer at the Center!



Assisted Living and Specialized Memory Care With No Level of Care Charges



- Privately Owned Assisted Living offering 2 locations: Preston Place Suites and Preston Place II.
- Preston Place offers an all-inclusive rate at both locations
- Preston Place Suites specializes in individualizing care while promoting a very active lifestyle.
- Preston Place II specializes in memory care and offers the areas only certified dementia practitioner onsite.
- Great Longevity - Each member of the management team has 10+ years of experience with Preston Place

**To schedule a tour , please call
423-378-6623 - Preston Place Suites
423-378-4673-Preston Place II**



Thank you for voting us
the #1 Assisted Living
and Retirement Facility
again this year.

